

Summary of High-Quality CPR Components (2025 AHA Guidelines)

Component	Adults	Children (1 year to puberty)	Infants (birth to 1 year)
Scene Safety	Ensure the scene is safe for you and the victim.	Ensure the scene is safe for you and the victim.	Ensure the scene is safe for you and the victim.
Assess	Check responsiveness, breathing, and pulse within 10 seconds.	Check responsiveness, breathing, and pulse within 10 seconds.	Check responsiveness, breathing, and pulse within 10 seconds.
Activate Emergency Response	If alone without a phone, leave to call and get an AED. Otherwise, send someone and begin CPR.	Witnessed: activate the system and get the AED. Unwitnessed: give 2 min CPR, then activate.	Witnessed: activate the system and get the AED. Unwitnessed: give 2 min CPR, then activate.
Compression: Ventilation Ratio (no advanced airway)	30:2	1 rescuer: 30:2; 2 rescuers: 15:2	1 rescuer: 30:2; 2 rescuers: 15:2
With Advanced Airway	Continuous compressions; 1 breath every 6 seconds	Continuous compressions; 1 breath every 2–3 seconds	Continuous compressions; 1 breath every 2–3 seconds
Compression Rate	100–120/min	100–120/min	100–120/min
Compression Depth	At least 2 inches	At least 1/3 chest (~2 inches)	At least 1/3 chest (~1.5 inches)
Hand Placement	2 hands on the lower half of the sternum	1 or 2 hands on the lower half of the sternum	1 hand or 2-thumb encircling technique
Chest Recoil	Allow full recoil after each compression	Allow full recoil after each compression	Allow full recoil after each compression
Minimize Interruptions	Keep interruptions <10 seconds	Keep interruptions <10 seconds	Keep interruptions <10 seconds